

Community Assistantship Program

Damiano Center's Kids Café

Damiano Center's Kids Café

Prepared in partnership with
The Damiano Center

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CAP Report 092

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Table of Contents

Executive Summary	page 1
Introduction	page 2
Research	page 3
Data Collection	page 4
Evaluation	page 5
Recommendations	page 6
Pre- Survey	page 7
Post-Survey	page 8
Survey Results	pages 9-12

Executive Summary

The purpose of this project is to develop a pre-post survey to evaluate the Damiano Center Kids Café performance of four objectives through the collection of process data. It includes the research that I have done for the project along with the food pyramid. It includes a short pre-post project program survey which will be given to the children who attend the café. The data will be collected on the eating behaviors and knowledge of healthy eating practices on the children with direct quotes from them. It includes the data collection, the evaluation narrative and recommendations. It includes the pre-survey results.

Introduction:

The Damiano Center's Kids Café is a nutrition education and free on-site meal program for kids in the Duluth's Central Hillside. The program is a collaboration of the Duluth Community Garden Program, America's Second Harvest Northern Lakes Food Bank, General Mills Champions, Youth Nutrition and Fitness Grants, CURA (Center for Urban And Regional Affairs) and the Damiano Center.

The Kids Café has a number of various activities to help families who attend the café share their time and creativity. A few examples are: The Kids and their parents made Strawberry jam to take home with them. Everyone enjoyed making the jam and made comments like "I like strawberry jam" and "It is very good". Another day we made Relish with cucumbers, peppers, onions and spices. It turned out to be very good relish. The kids and parents helped to plant and keep a small garden of fresh produce through one growing season. They enjoy the garden and caring for it. The Kids love to pick the fresh vegetables and eat them as soon as they pick them. Their favorite activity is having to water the garden because they cannot resist throwing water at each other. A few times they have had water balloon games which they really like. One day they picked fresh lettuce, radish and onion for a salad for the Kids Café which was delicious. One day we had a fear factor game with the kids and tomatoes. We blindfolded each kid and had them guess what color tomato that they were eating. It was either red or orange. All of the children guessed the right color except for one of the boys. It was a fun game and the Kids really liked it.

The Kids Café serves approximately twenty –five to sixty Kids and some of their parents

Every day. Each day they are offered a variety of fresh fruit and vegetables. A few examples are: One day two little boys ate a lot of carrots, he said “I love carrots” he came three times for six more carrots each time. The other little boy also ate a lot of carrots, he said “ I like carrots a lot” he came back twice for more carrots. The pre-survey results showed that nine children had carrots for their favorite vegetable. The children also like the fresh fruit that is offered every day. One little boy said “I love watermelon but not the seeds” as he took the seeds out of the watermelon. Another boy said “can I please have extra pineapple it is my favorite fruit. At this time, the garden continues to grow and the children who attend the Kids Café will continue to care for it throughout the growing season.

I completed a pre-survey on July 19, 2005, I tried to video tape the interviews, but the Kids were not interested in the video tape process. I conducted the interviews on July 25, 26, 2005. I made the Kids feel that they had special knowledge and were very important to my research project. The results of the survey are attached.

Research:

I did not utilize aspects of other surveys from successful programs around the country. I could not find the other surveys GEMS and Bring it Home Assessment Models due to lack of time. I found it very time consuming to look for the other evaluation tools. I would have had to research the past recipient specific programs that actually used these tools. I would have had to contacted the actual program who implemented the survey and request a copy of it. I did not have the time to do that. I had to focus on

creating a survey that would fit for the children who attend the Damiano Center Kids Café. I did some investigating on other evaluation tools such as (CATCH) The Outcomes Of a Field Trial to Improve Children's Dietary Patterns and Physical Activity. The Child and Adolescent Trial for Cardiovascular Health (CATCH).

Objective: To assess the outcomes of health behavior interventions, focusing on the Elementary school environment, classroom curricula, and home programs, for the primary prevention of cardiovascular disease. (JAMA, 1996; 275: 768-776).

The conclusion: The CATCH intervention was able to modify the fat content of School lunches, increase moderate-to vigorous physical activity in PE, and improve eating and physical activity behaviors in children during 3 school years. (JAMA, 1996; 275: 768-776). I could not find the (YRBS) Youth Risk Behavior Survey but I found this note: The page you requested cannot be found at this time. It may be temporarily unavailable or it may have been removed.

I took the time to research the new 2005 food guide pyramid because the Kids Café has one from 2001. The children need to know the right food to eat to be healthy. I found the new food guide pyramid which symbolizes a personalized approach to healthy eating and physical activity. It has been developed to remind consumers to make healthy food choices and to be active every day. I requested a big poster for the Damiano Center Kids Café and smaller posters for all the children who attend the café to take one home. One day one of the boys explained the whole pyramid to me and what it meant to him. He keeps his on his refrigerator to remind him to eat the right foods. He likes coming to the café he said "Kids Café is the best".

Data Collection: Prior to the interviews, I established rapport and trust with the children who attend the Damiano Center's Kids Café before I did the face to face informal interviews. I wanted the children to be willing to devote their time and attention to my questions. I developed interview questions to help guide the interview process. I utilized open-ended probes when the interviewee expressed that he/she was having a difficult time coming up with answers on his/her own. I conducted the interview by presenting the same interview questions to each interviewee and recorded detail notes, which included several direct quotes. I allowed each of the twenty-two interviewees as much time as he/she needed to complete the interview and emphasized that there is no right or wrong answer.

Evaluation: Program Narrative

Damiano Center's Kids Café

Outcome Based Evaluation:

The Damiano Center's Kids Café will develop clear and measurable outcomes for all children who attend the café. Anticipated results have been projected and evaluation data are measured against projections twice a year. All fruit and vegetable education and garden produce are evaluated based on the results of pre-survey and a post-survey given to all participants.

To measure the daily fruit and vegetable intake of children of the Central Hillside Neighborhood.

Outcomes for the Damiano Center's Kids Café program are individual interviews and daily parent support and education of healthy eating are evaluated based on pre-post survey results from the children who attend the café.

The evaluations attempt to measure our success at achieving the following outcomes:

60% of children will experience an increase in daily fruit and vegetable intake.

50% of children will share information about healthy diets with their adult family members.

40% of children will help to keep a small garden of fresh produce through one complete growing season.

50% of children will develop an understanding of how to make a healthy meal with fresh garden produce they helped to grow.

In addition to outcome-based evaluations, informal and anecdotal feedback is solicited from the parents. The Damiano Center's Kids Café will make a commitment to provide quality services that meet the needs of these children from a variety of circumstances.

All evaluation information is used to help us ensure that we are meeting these needs on a consistent basis.

Recommendations:

The Damiano Center's Kids Café is a very good program for the Duluth community. It is a needed program for the children so that they can achieve changes in their eating and physical activity patterns. The program helps the children to do that. I would recommend that the program continue but they need financial help to accomplish this.

Pre- Survey

This is a pre-survey for the Kids Café Program at the Damiano Center on the daily fruit and vegetable intake of the children who come to the café to eat. We are also helping them to keep a small garden of fresh produce and to help them develop an understanding of how to make healthy meals with their garden produce. Please take a few minutes to fill out the survey. It will be greatly appreciated. Thank you very much.

The Kids Café Staff

Survey:

1. Do you like eating fruits and vegetables at the Kids Cafe?
2. What is your favorite fruit?
3. What is your favorite vegetable?
4. How many times a day do you eat fruits and vegetables?
5. Why are they good for you?
6. What do you like about growing the vegetable garden?
7. What can you make from the vegetables?
8. What can you make from the fruit?
9. What do you like about eating fruits and vegetables at the Kids Café?

8/16/05

Post Survey

This is a post short survey for the Kids Café Program at the Damiano Center on the daily fruit and vegetable intake of the children who come to the café to eat. We are also helping them to keep a small garden of fresh produce and to help them develop an understanding of how to make healthy meals with their garden produce. Please take a few minutes to fill out the survey. It will be greatly appreciated. Thank you very much.

The Kids Café Staff

Survey:

1. What do you think about eating fruits and vegetables at the Kids Cafe?
2. Have you enjoyed growing the vegetable garden?
3. What did you learn about growing the vegetable garden?
4. Do you know how to make a healthy meal from the vegetable garden?
5. Has your knowledge increased about gardening and the produce?
6. Do you like eating fruits and vegetables at the Kids Cafe?

Pre-Survey Results 22 survey

This is the result of the pre-survey for the Kids Café Program at the Damiano Center on the daily fruit and vegetable intake of the children who come to the café to eat. The survey also mentions the small garden of fresh produce that the children helped to plant and care for the past 3 months. It helps them to develop an understanding of how to make healthy meals with their garden produce.

1. Do you like eating fruits and vegetables at the Kids Café?

: Yes	20
: No	1
: Kind of	1

2. What is your favorite fruit?

: Apple	9
: Banana	1
: Cantalope	4
: Grape	3
: Oranges	1
: Peaches	1
: Strawberry	2
: Watermelon	2

3. What is your favorite vegetable?

: Broccoli	5
: Carrots	9
: Cucumber	4

: Cauliflower	2
: Tomato	1
: All vegetables	1

4. How many times a day do you eat fruits and vegetables?

: Once a day	5
: Twice a day	8
: Three a day	2
: Two to Three a day	2
: Four a day	1
: Four to Five a day	1
: Five a day	1
: Six a day	1
: I don't know	1

5. Why are they good for you?

: Make you healthy	8
: Gives you strong bones	4
: Make you strong and healthy	2
: Make you grow	2
: They help your senses	2
: They help you build muscles	2
: They have nutritional value	1
: I don't know	1

6. What do you like about growing the vegetable garden?

: The good food	5
: The flowers when they grow	1
: I like to do it	1
: The tomatoes	1
: I like to pick and eat it	1
: What I have learned	1
: You will have a lot of vegetables	1
: Seeing the veggies grow	1
: Eating the vegetables	3
: Get to see how it changes	1
: I get to water it	2
: It is cool	1
: Not involved	2
: I don't know	1

7. What can you make from the vegetables?

: Salad	8
: Salsa	3
: Eat them	3
: Potatoes and other veggies	1
: Juice	5
: Soups, Stews, Hot dish	2

8. What can you make from the fruit?

: Juice	15
: Jam	1
: Salad and Jello	1
: Eat them	2
: Pie	3

9. What do you like about eating fruits and vegetables at the Kids Café?

: Everything, they are good for you	7
: They are good for you	4
: They taste good	2
: It is very good	1
: They make it good	1
: Delicious	1
: I have more energy	1
: I like juice and peaches	1
: I like the taste and learning about them	1
: They are good for you and I like to play	1
: They will make you grow and be strong	1
: I don't know	1

August 15, 2005

Susanna Miller